SOUTH BEND NEWS-TIMES

Morning-Evening-Sunday J. M STEPHENSON, Publisher.

Associated Press-United Press

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Morning and Sunday, per week - - - - - 20 Cents Evening and Sunday, per week 20 Cents Either with Sunday, one year - - - - * * * * \$10.00 Morning and Sunday, on rural routes, one year - - - \$5.00 All others by mail - - - - - - - - - - - - \$7.50 Entered at South Bend Post Office as Second Class Mail.

MAY 18, 1922

BOSSISM LOSES.

The apparent victory of Gifford Pinchot in the race for the republican nomination for governor of Pennsylvania will now afford the political diagnosticlans a new subpect for dissension.

It will be seized upon in all probability by the democrats as conclusive evidence of the unpopularity of the Harding administration and will be welcomed by them as evidence of a growing dislike for the party in power.

There will be none who will attribute it to any personal popularity on the part of Pinchot. When he first came to notice as a lieutenant of Roosevelt and the creator of the policy of forest reserves, he held his place only through the toleration of his chief. The other followers of Roosevelt disliked his aristocratic bearing, his alcofness, his most palpable lack of those qualities which create strong personal

For Pinchot, bred in the rare atmmosphere of wealth, had little natural association with the peorle who were presumably most interested in the causes he espoused. Whatever hold he had upon the public came from principles, not personality.

Following so closely on the victory of Beveridge in this state, the most natural conclusion might be that the old Bull Moose is again on the rampage and that it is out now to take control of the parent

The same influences which fought Beveridge in this state fought Pinchot in Pennsylvania. The Old Guard and their standards of party bossism and the control of party machinery for the benefit of privfleged masters was arrayed against him in all its strength and power. He had to fight that organization which blindly followed the late Sen. Penrose.

The truth is that the people of this country are getting tired of party bossism and that the repudiation of Harding, as far as it is involved, is limited to his association with party bosses.

The republicans of Pennsylvania, for the first time in years, have asserted their independence of their leaders and have decided that they can choose their own candidates.

The result should be something of a lesson to those who think in a dead age and who have not yet learned what the coming of woman's suffrage

This victory, in the old days would have been impossible. The women can be relied upon to choose men who have been identified with principles that look towards the utilift of standards of life and the protection of the home and children rather than those who depend upon the power of close organigation and public plunder.

In these first fights, the conclusion is plain and should be a warning to all those who make a pastime or a profession of politics:

The people are thinking for themselves. They are fired of being bossed. They are not misled by labels and by fake appeals. They want results and demand that laws be fitted to changing needs.

Insofar as the democratic party shows itself more progressive than the republican, it can hope to win. For the people are on their way and that way is forward, not towards the dead days of pillage and

THE FOUNDATION OF PROSPERITY.

George E. Roberts, vice president of the nation's largest bank, tells the members of a western state banking association that cheap money and plenty of money will not bring real progress and prosperity. "Progress cannot be made by writing promissory

notes," he says. "If chear money is a good thing, they should be happy in Russia. For the world to get ahead it takes work, it takes saving and it takes

"It is well to think of capital in concrete form. If a man has an ax that he is not using all the time, he can lend it part of the time for a neighbor who has use for it. There is an economic gain in having the ax in use all the time, but the point is that somebody must have an ax. Many get to thinking in times of credit expansion that a photograph of an ax will do."

That is the view which all bankers will take when in a few days or a few weeks they will be asked to loan their axes to South Bend, which needs them

and which has the power to use them. Very fortunately this city, when it asks to borrow an ax can point to a great forest to be cut down and put into usable form as a guaranty that there is a real necessity for it and that when the time comes to return the ax, that it will have not only the original instrument but enough more saved wealth to safeguard against any loss.

For South Bend is creating wealth, creating it by work, which is the first essential of prosperity and

This city is now able to offer to the nation the speciacle of an unparalleled demand for its products, an unparalleled ability to furnish things produced by work that the loan of axes loses all risk.

This city is ready to work. It has saved. Its foundations are built for all time.

It furnishes no photographs, but it has the reality of wealth which is the creation of labor, of saving and the use of time.

THE MUSICAL DOCTOR.

Radio fans will be pleased to learn that music has medicinal powers, according to Dr. Alexander Lambert of Bellevue hospital, New York City.

Discussing the therapeutical value of music, he makes out such a good case that the audience cheers and votes enough money to install a super-radiophone in Bellevue. Says Dr. Lambert:

"Music can ease the strain of life for a great number of patients, but not for all. It calls up cheerful thoughts and lessens monotony, and it is of enormous benefit to the nervously broken down, to children, and to most surgical cases, for music

appeals more to the emotions than to reason. "People differ not in opinion but in stages of intellectual and spiritual development. So some want jazz and some want fugues, and neither is soothed

by the music that pleases the other. Music might heal or injure. Wherever it cheers, though, it heals." Jazz might cure one dying person-and kill another, thick with the dust of culture. What's one man's mea 's another's polson.

Maybe you have visions of a new medical fad, Impending, psychoanalysis and endocrine gland doc-

toring shoved aside to make way for a new school of doctors armed with saxophones and fiddles.

Fear not, the medicinal value of music is nothing

It was discussed enthusiastically by leading European physicians, in the Philosophical Magazine for May, 1806. Among great practitioners who preseribed music were Dusaux, Burette, De Mairan and Bianchini.

Some of them went as far as to believe that music could cure sciatic rheumatism. But, in the main, they believed that music's greatest medical powers were in diverting the attention, soothing the nerves, making people forget imaginary ailments and curing

You recall, further back, how David was emrloyed in his youth to cure Saul's mental derangement by harp playing.

believed fever could be cured by singing, plague by a lyre and deafness by proper blasting with a trumpet. The commonest cause of sickness is the body's organs getting out of harmony with each other. Back of this is inharmonious nervous condition or

unbalanced functioning of endocrine glands. And, back of that, is inharmonious thought. Music puts the soul in tune, eases the aching brain, soothes the nerves. It is not far from those to bodily harmony-health. This, of course, drifts

the Hindu juggler's reed flute. The radio craze may do the national health more good than a freight-trainful of quinine, calomel and sassafras tea, provided it doesn't circulate too much jazz-the medical opium-

into hypnotism like the charmed cobra swaying to

WHY DO YOU LAUGH?

There are those who will hardly agree with that noted speaker, Prof. Newcomb of Cleveland, who told the Knife and Fork club that laughter is caused by the sudden removal of one of the inhibitions of natural instinct.

Nor will they concede that the purpose of laughter is designed by nature as a release from the tensions of social chains.

If this were true, laughter would be most common among those whose high development in the social scale had given them the most repressions and whose natural instincts were most severely chained by customs brought about by the complexity of modern

You might expect from the college professor, trained to a life of unemotionalism, to exhibit hysterical outbursts when his sense of humor was touched by one of those slips of language. The re-

The truest laughter in the world is that of the child who uses it as his expression of pure joyousness. The infantile mind that detects no incongruities in life, that has no fixed ideas that looks always upon a new world, finds its easiest expression in spontaneous outbursts of joy.

Laughter, or so it will seem to many, is the natural expression of pleasant emotions, rather than the escaring steam from the overheated imagination.

Only when people begin to express their tendency to laughter does repression and inhibition play its part. Those who are trained highly to so-called good manners do not smile when the tongue slips or when some unfortunate accident occurs to a fellow being, placing them in an undignified attitude.

The man who laughs the most is he who has kept his heart closest to the guilelessness of childhood. who finds a pleasure in life in little things, who has not let the serious weight of affairs crowd from his mind the joy of living or the enjoyment of the simple

Were this not true, the ordinary vaudeville actor would find the going very hard and the professional

fun-maker would have a most hazardous occupation. People laugh because it is natural to laugh, because their whole tendency is towards joy, because their hearts are ever alert for happiness.

YES. THERE IS PROGRESS.

Does the name Semenoff mean anything to you? It will, perhaps sometime soon, when Sen. Borah gets into action in earnest in his effort to deport his man, if he cannot try him for his killings.

For Semenoff boasts of the title of "arch murderer of the ages" and came to this country when he escaped from Russia, where his cold killings had made him a hated and feared monster. Even Japan would not let him land.

An officer of the United States army has testified that he has killed 100,000 men, women and children. The head of the American army in Russia says that that figure is not exaggerated. He is but 27 years

Only once in several centuries does a man rise to such terrible eminence, and the fact that he is now a hunted, deenised thing instead of king shows that

history does record some progress. Seven hundred years ago the world saw an even greater destroyed of life in the person of Genghis

Khan, who attained the distinction of killing over 13,000,000 Asiatics. His was the military murder of all ages, and his methods of murder were the crude ones of his day.

He had not reached the refinements of bombs and poison gas, of airplanes over cities, of submarines striking from beneath the waves.

When he captured the city of Bagdad, it is recorded that he beheaded some 800,000 residents of that city in order to establish his rule and to impose

his ideas of life upon others. Genghis Khan was not only a murderer but a moralist. He believed in some of the fundamental virtues and in order to make his world "better," he

billed those who refused to accept his ideas. Historians give him credit for establishing laws against theft, against adultery, against murder in northern China, which he conquered and organized. and are inclined to forgive his wholesale killings in the light of the fact that his principles still rule in

the lives of the descendants of those he conquered. Semenoff had no such purpose. He organized the battle against Bolshevism. His killings, so testify our American officers, were ruthless. He surrounded himself with men who boasted that they could not sleep unless they had killed a human being, outrivalling Macbetl, who finally "murdered sleep" by his own killings. This man is seemingly without

conscience and without regret. Some day the senate, when it gets to the right point and forgets its political workings, will probably refuse him a haven in America.

The world progresses. Genghis Khan, by his many murders, became a king. This Russian, most bloodthirsty since the day of Genghis, is now an outcast. Seven hundred years elapsed after the first before the world produced a second monster. May it never bring forth another.

Wouldn't it be great if money circulated as fast

Famous artist says music is a cure for jazz. But the youngsters say jazz is a cure for music.

This year's corn crop is estimated at six million

The war did some good. It gave us something to blame everything on-



EVERYDAY, EVERYWHERE

In the self-same field of labor.

One had the sense to advertise

BRIEF NEWS OF THE CITY. Varre thought music good for gout. The ancients nearly every place that Billy and getting ready for a party, or has them for Mut and Jeff.

> started broadcasting bargains to the place for everything," according to night when we have set down to en- new parking ordinance. loy a concert by Schumann-Heink Spot in town-You're the Flower of Own-Hand-With-the-Meat society. My Heart Sweet Adeline."

to comment as follows:-"Bill:-Again we ask it? H -- i, we can't pro- n't heard of him doing anything imnounce it, let alone slice it.

Who can slice caviar? Dudley with Tarbaby. might just as well have asked us. Why is a policeman?"

forms us that the policemen of that afrangements for a weinle roast, city are letting ice cream get their which we expect to be invited to in goat; that they are eating ice cream the near future. If we could just in such quantities that official action raise former Lt. Earl Reeder, Ye will soon be necessary. Oh. what Gods, what a quartet this would an argument against prohibition. make.

The poor weak Indianapolis police-Two merchants bid for Fortune's men-think of a policeman being reduced to poverty and want, neglecting his family and missing the finer things of this life by becoming a And soon bought out his neighbor, slave to chocolate sodas and nut

Billy Elliott and Ferry Fulton have One of our expert observers saw returned from a three months trip Rudy Ackerman removing the alcoabroad: The trip was made particu- hol from the radiator of his automolarly interesting to both of them bile yesterday. We have been unand the others in the party, because able to ascertain whether Rudy was Ferry went, the natives mistook finally come to the conclusion that winter is really over.

We notice that John Ellsworth has When Solomon said, "there is a St. Joseph valley. That's the trouble Riley Hinkle's Ford Bulletin, he with the radio, everybody's doing it, never thought of the trouble a car Think what will be our feelings some owner would have with South Bend's

or the Colfax Avenue Glee club and We see Frank Hering has a new half through the program, old J. C. job-president of the Knife and Fork will pull something like this .- "My club. If Frank gets a few more Adeline, Sweet-Fleeced lined un- jobs, he'll be busier than Charley derwear, two pairs for a quarter, at Brenfleck, the markete man, on int the Ellsworth store, the Brightest tiation night of the Weighing-Your-

We also observe that they have Which brings us to a most im- made Guy Johnson, the gas expert, portant matter; Dudley Shively has president of the University club. As mailed us a program-we believe we consider Guy a good friend of that's what you call it-of the Hotel ours, we wonder if now wouldn't be Whitcomb dining room, St. Joseph, a good time for us to try to get into Mich., in which the item "Caviar the University club as a graduate Sliced" is featured, causing Dudley from the National Billiard academy.

Who can slice caviar? This is get- And by the way, what's become of ting it too fine. Dudley." So we ask, Isellem Burkart, of the Conversation who can slice caviar? Who can? Life Insurance company? We haveportant in a long time-not since he was walking the floors every night

MUSICAL NOTE. Doc Brand and Barney Barnhart A dispatch from Indianapolis in- are reported to be engaged in making

YOUR HEALTH-

To maintain the body in health supply for the average person. and to provide it proper nourish- Iron is needed for the blood ment, fifteen chemical elements are where it assists in the carrying of required. When I told this to a the life-giving oxygen. Egg yolk, friend of mine and read him the whole wheat, dried beans and peas.

"That sounds more like the in- rich in iron. ventory of a drug store than of the Phosphorus is needed by every and starches which we eat supply vous system, cry for it. Fortunatelean meat and the white of eggs.

Of the other seven there are three elements are likely to be. -flourind, lodine and silica-which are present in the body in very in- the acid of the gastric juices is finitesimal quantities. Indeed, we taken into the system in great part may disregard them, trusting that as common sait-sodium chloride. they will be picked up from one or another source.

Vital Minerals

The remaining chemical elements ty constant proportions-that famiare minerals which are needed to Har old political formula "sixteen" supply strength to the bones and to to one," is maintained here. Sixsupply substance to the muscles, teen per cent of nitrogen to I per They furnish the salt content of the cent of sulphur is about the ratio fluids and juices of the body. With- in the common foods of this type. out such minerals the blood serum. Eggs. milk, whole wheat, oatmeal, the gastric juices and all the var- potatoes, beans, peas and beef conious secretions would be water thin sulphur, as well as larger quangione and would not possess the titles of nitrogen, of course. to their proper action.

supply of lime. As a result, there pair. development of rickets.

contain a good available source of ate.

spinach, dried prunes and nuts are

essential elements of a society bud ... cell of the body. The bones and Of these elements, the fats, sugar | muscles, and particularly the nerthree. Five more are given by the ly this element is found in the same protein foods-chief of which are foods which are rich in iron and

Balancing Your Diet

The nitrogen and sulphur are furnished by the protein foods, and these elements are present in pret-

acid or alkiline qualities essential Does not this short story of your needs point out the importance of Without lime and iron and phos- a properly-balanced and well-chosphorus we could not go far in our en dietary? You cannot live on growth and activity. In Russia and candy and pastry, because they supthe central nations of Europe the ply energy and not substance. You lack of milk during the war de- must have the constructive materprived the children of their chief lais or your body will fall into dis-

was softening of the bones and the To have good health you need not be rich. You can easily provide Without an abundance of lime yourself with eggs, milk, wholeduring' prognancy the bones and wheat bread, the common vegeteeth of the expectant mother are tables I have named, and the simple drawn upon and she suffers in con- fare which will give you bone, muscles, brain substance and well-func-Carrots, turnips, cabbages and tioning organs. Then you may add oranges are rich in lime. Apples the luxuries which tickle your pal-

THE BETTER MAN.

I didn't understand it then, When I was eight or nine or ten And little troubles came my way My kindly father used to say: "Sorrow must come to man and boy. through; Don't cry about a broken toy, Don't fret too much because you play,

Don't whimper over every bruise; Remember when they knock you ure's mat, You'll be a better man for that."

When I had older grown, he'd say: | See with a somewhat clearer eye And there is work for all to do

That duty often seems unkind; But just forget your ball and bat, You'll be a better man for that.

"This is a lesson you must learn: Joy is a thing which all must earn. Masters.

And it's beneath the heavy blows That courage at its finest shows. When you have something hard to

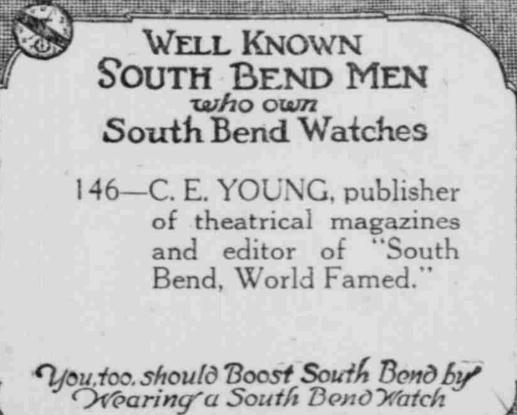
Don't quit until you've seen it Though happier you would be at

Never from duty run away. Then, though you sprawl on fail-You'll be a better man for that,"

Now I am older grown and I "Life's not a constant round of play Just what my father saw back then In all the troubled lives of men. And many an irksome task for you. Hardships and builders of the race, The time will come when you will Strength grows by what it has to

He only meets life's sternest test You will be told to work when you Who gives the irksome task his best, Have something else you'd rather do, Care does what pleasure never can-In fashioning the better man. (Copyright, 1922.)

When you say clgars-say Dutch



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The newest outdoor toy for boys and girls is the Pogo stick. Every single laddie and lassie will want to have one. Play Santa Claus, out of season, and take one home.



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We invite you heartily to come in and visit us. We have made elaborate plans for your reception. Souvenirs, specials, and real bargains are the features.

220 South Michigan

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